



Step 4 – Look after your pelvic floor muscles

- Keep your pelvic floor muscles strong with pelvic floor muscle training.
- You can get a Pelvic Floor Muscle Training leaflet for Men, or for Women.
- See your doctor, physiotherapist or continence nurse to check that you are training your muscles the right way.

Step 5 – Seek help from your doctor, physiotherapist or continence nurse if you:

- wet yourself, even a few drops, when you cough, sneeze, laugh, stand, lift or do sports or other activity;
- have an urgent need to pass urine, have a strong feeling of not being able to hold on, or often don't get to the toilet in time;
- pass small amounts of urine, often and regularly. That is more than 8 times per day in small amounts (less than about what a tea cup holds);
- have to get up more than twice in the night to pass urine;
- wet the bed over the age of five years;
- have trouble starting your stream of urine, or have a stream that stops and starts instead of a smooth flow;
- strain to pass urine;
- feel that your bladder is not empty when you have passed urine;
- have burning or pain while passing urine;
- have to give up things you enjoy like walking, aerobics or dancing because of poor bladder or bowel control; or
- have any change in your regular bladder habits that you are worried about.

ပတီ 4. ကွဲကတီနခံတကီၣ်အယံထုၣ်ပျံၣ်တဖၣ်တက့ၢ်.

- နခံတကီၣ်အယံထုၣ်ပျံၣ်တဖၣ်နကဘၣ်ကွဲကတီအိၣ်တၢ်ဟ့ၣ်တၢ်သိၣ်လိအသိးဒ်သိးကပုဒိးဂံၢ်ဘါဆုၣ်ဝဲအဂီ.
- နယုထံၣ်န့ၢ်တၢ်ဟ့ၣ်တၢ်သိၣ်လိဘၣ်ယးဒိးတၢ်ကွဲကတီခံတကီၣ်ပံထုၣ်ပျံၣ်လၢပိၣ်ခါ, မ့တမ့ၣ်ပိၣ်မုၣ်တဖၣ်အဂီလီ.
- ထံၣ်လိၣ်နကသံၣ်သရၣ်, ပုၣ်စံၢ်ဘံးတၢ်ဖိတဖၣ်မ့တမ့ၢ်နးစံမုၣ်လၢကွဲကတီအ့ၣ်ကီဆံၣ်တဖၣ်လၢကမၢကွဲနလၢနမၢထွဲတၢ်သိၣ်လိအံဘၣ်ဘျိးဘၣ်ဒါအဂီတက့ၢ်.

ပတီ 5. ယုထံၣ်န့ၢ်တၢ်မၢစၢလၢ နကသံၣ်သရၣ်, ပုၣ်စံၢ်ဘံးတၢ်ဖိတဖၣ်မ့တမ့ၢ်နးစံမုၣ်လၢကွဲကတီအ့ၣ်ကီဆံၣ်တဖၣ်အအိၣ်ဖဲဆကတီၢ်

- နဆံၣ်ဆါဘၣ်နသးအခါ, မ့တမ့ၢ်ထဲစ့လီၤစိဖိဘၣ်ဆၣ်, ဝဲနကူး, ကဆဲ, နံ, ဆၢထၢၣ်, စိၣ်ထီၣ်တၢ်ယၢ, မ့တမ့ၢ်လိၣ်ကွဲမ့တမ့ၢ်မၢတၢ်ဟူးတၢ်ဂဲအဂၤတမံလၢလ်အခါ.
- နကလိၣ်လဲဆံၣ်ဆါသပျံၣ်ကတၢ်, နအဲၣ်ဒိးဆံၣ်ဆါနးတချူးလၢနကီၤအိတန့ၢ်လၢ, မ့တမ့ၢ်တဘျီတခိၣ်နလဲဆူတၢ်ဟးလီၤတတုလၢဒၣ်လဲၣ်အခါ.
- ဆံၣ်ဆါပြိးဘၣ်နသး, တလီၤလီၤဒိးတဘိယုၢ်ယိ. တၢ်အံၤနကဆံၣ်ဆါတဘျီတဖဲဖိကအါန့ၢ်ဒံး 8 ဘျီလၢတနံအတီၢ်ပု (ကစ့န့ၢ်ဒံးလးဖးထံၣ်ခူးတခူးဖိဒံး).
- နကဂဲထၢၣ်ဆံၣ်ဆါအါန့ၢ်ဒံးခံဘျီလၢတန့ၢ်မုၢ်အတီၢ်ပုဒံး.
- ဆံၣ်ဆါဘၣ်စိၣ်လီၤမံဒံးအဖဲအသးပျဲထီၣ်ယဲၢ်နံၣ်ဝံအလီၢ်ခံ.
- အိၣ်ဒိးတၢ်ဂီၤကီလၢဆံၣ်ဆါကထူးထီၣ်အဂီ, မ့တမ့ၢ်ဖဲဆံၣ်ဆါအဖဲမုၢ်ဆံၣ်ထံပတုၣ်ဝဲလၢတၢ်ဘၣ်စၢလၢကဘျီ ကဆိဝဲအလီၢ်.
- ဘၣ်ဆုအိၣ်နးတချူးဒ်သိးဆံၣ်ဆါကထူးထီၣ်အဂီ.
- နတူၢ်ဘၣ်ဒ်သိးနဆံၣ်အတလီၤကအိၣ်ဒိးဘၣ်ဖဲနဆံၣ်ဆါဝံအလီၢ်ခံဒၣ်လဲၣ်.
- ဝဲနဆံၣ်ဆါအကတီၢ်နတူၢ်ဘၣ်ဒ်သိးကီၢ်အူဒိးဆါဝဲ.
- နကဘၣ်ပတုၣ်တၢ်လၢနအဲၣ်ဒိးမၤညီန့ၢ်တဖၣ်ဒ်သိးနကဟးအဂီ, လဲလၢတၢ်မၤနီၢ်ခိကွဲဂီၤတၢ်ဟူးတၢ်ဂဲအလီၤမ့တမ့ၢ်တၢ်ဂဲကလံၣ်ခိဖျိနဆံၣ်အတဂုၤဝဲဒိးနကီၤအ့ၣ်တန့ၢ်ဝဲအယံ, မ့တမ့ၢ်.
- နကီၢ်သ့ၣ်ဂီၤသးခိဖျိနဆံၣ်အလုလ်လ်ဆိတလဲကွဲအသးတဒ်သိးလၢဒ်ညီန့ၢ်မၤသးအသိးတဖၣ်.





SEEK HELP

Qualified nurses are available if you call the National Continence Helpline on 1800 33 00 66* (Monday to Friday, between 8.00am to 8.00pm Australian Eastern Standard Time) for free:

- Information;
- Advice; and
- Leaflets.

If you have difficulty speaking or understanding English you can access the Helpline through the free Telephone Interpreter Service on 13 14 50. The phone will be answered in English, so please name the language you speak and wait on the phone. You will be connected to an interpreter who speaks your language. Tell the interpreter you wish to call the National Continence Helpline on 1800 33 00 66. Wait on the phone to be connected and the interpreter will assist you to speak with a continence nurse advisor. All calls are confidential.

Visit bladderbowel.gov.au or continence.org.au/other-languages

* Calls from mobile telephones are charged at applicable rates.

ယူထိုင်နဲ့တင်မအေး

နားစိလေဖျိတီပတီတဖန်အိပ်ပဲနဆဲးကျိုး **National Continence Helpline** ဝဲ **1800 33 00 66** (မုာ်ဆဉ်တုမုာ်ဖိဖးစးထီဉ်ဂီ 8.00တု 8.00နဉ်ရံၤဟါအိးစကြလ်ယဉ် မုာ်ထီဉ်တံဆါကတီၢ်အသိး)

လါတလၢၣ်စ့ဘဉ်...

- တၢ်ဂ့ၢ်တၢ်ကျိၤ
- တၢ်ဟ့ၣ်ကူဉ်ဟ့ၣ်ဖးဒီး
- လံာ်ဘိးဘဉ်ရုလီၤကဘျံးတဖဉ်.

နမ့ၢ်အိဉ်ဒီးတၢ်ဂ့ၢ်ကီၤလၢနကတီၢ်မ့တမ့ၢ်နၢ်ဟါအဲကလံးကျိဉ်တခိနဒီးန့ၢ်တၢ်မအေးအကျိၤအကျိၤဖျိကျိၤထံလိတဲစိအကျိၤလါတလၢၣ်စ့ဘဉ်သ့ဝဲ **13 14 50**န့ၢ်လီၤပုၤဖိဉ်လိတဲစိတဖဉ်ကကတီၢ်တၢ်ဒီးန့ၢ်လၢအဲကလံးကျိဉ်, အယိကတီၢ်ဖျါထီဉ်ကျိဉ်လၢနကတီၢ်အိၤဝဲအိဉ်ခိးအိၤတက့ၢ်.တၢ်ဆဲးကျိးန့ၢ်နဂီၢ်ဆူပုၤကျိးထံတၢ်ဖိလၢကတီၢ်နကျိဉ်တဂၤအအိဉ်န့ၢ်လီၤ. တဲဘဉ်ပုၤကျိးထံတၢ်ဖိတဂၤလၢကကိးန့ၢ်န့ၢ် **National Continence Helpline** ဝဲ **1800 33 00 66**တက့ၢ်.အိဉ်ခိးကနဉ်လိတဲစိတုၤတၢ်ဆဲးကျိးန့ၢ်န့ၢ်လၢတစုဒီးပုၤကျိးထံတၢ်ဖိကမၤန့ၢ်လၢနကကတီၢ်ဘဉ်တၢ်ဒီးန့ၢ်စံမုဉ်လၢကဟ့ၣ်ကူဉ်န့ၢ်ဘဉ်ယးတၢ်ကီၤဆဉ်တၢ်ဟ့ၣ်ကူဉ်ဟ့ၣ်ဖးတဂၤန့ၢ်လီၤ. လိတဲစိတၢ်ဆဲးကျိးအပူၤတဖဉ်ခဲလၢတၢ်ပာ်အိၤလၢတၢ်ခူသ့ၣ်န့ၢ်လီၤ.

ကွၢ်ဘဉ်ဝဲ bladderbowel.gov.au မ့တမ့ၢ် continence.org.au/other-languages တက့ၢ်.

* တၢ်ဆဲးကျိးခိဖျိလိတဲစိစိစုတဖဉ်တၢ်ယုအပုၤဒ်တၢ်ပာ်ပနီဉ်ဆါအသိးန့ၢ်လီၤ.

